

How to safely detox from alcohol during the lockdown


All information provided is sourced from We Are With You
and shared with their permission:
<https://www.wearewithyou.org.uk/help-and-advice/advice-you/how-safely-detox-alcohol-home/>



If you are dependent upon alcohol and wish to stop, we would always advise seeking professional help.

While our services remain open, we are also aware accessing services may not be possible for all, during the current lockdown.

If you are dependent upon alcohol, it is dangerous to stop suddenly. Therefore try to reduce the amount you drink slowly, over a few weeks.



By cutting down slowly, will help to stop completely when you are ready to do so.

'We Are With You' therefore recommends the following process to help self-detox from alcohol, at home, successfully:

1. Keep a drinks diary
2. Start to reduce
3. Ready to stop

1. Keep a drinks diary

Before changing your drinking patterns, try to get a sense of how much you are currently consuming.

Write down every day:

1. Each drink you consume
2. When you have that drink
3. How many drinks/ units you have in total per day

2. Start to reduce

When you are ready, try to reduce your drinking by 10% a day. For example, if you drink 20 units per day, try drinking 18 units per day. Then continue with this reduced amount (18 units) for four days.

After four days, try cutting down again by another 10% and so on.

If you experience any withdrawal symptoms, keep drinking at your most recent safe level for one week. Then try to cut down again.

3. Ready to stop



When you start consuming less than 10 units per day, you can try to stop drinking completely.

However, if you experience any of the following effects when doing so, call for an ambulance as soon as possible:

- Have a seizure
- Become very confused
- Experience hallucinations
- Develop double vision
- Your balance is affected

Additional tips

To try and reduce your drinking, the following tips could be useful:

- Ask a loved one to help such as completing your drinks diary
- Switch to a lower-strength drink
- Stay hydrated - alternate alcoholic drinks with water
- Try to eat as healthy as you can and take a vitamin B12 (thiamine) supplement every day
- Access further support. All of our services are open during the current lockdown
- Access online information including <https://www.drinkaware.co.uk/tools/>

